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1. A method of treating disc herniation or degenerative disc disease,

2 including the step of:

injecting tissue growth factors or differentiation factors into the spinal canal or

- 4 disc as part of the treatment procedure.
 - 2. The method of claim 1, including the step of:
- 2 concentrating and releasing the growth or differentiation factors from a patient's blood.
 - 3. The method of claim 1, including the step of:
- obtaining the growth or differentiation factors from recombinant genetic techniques or animal sources.
 - 4. The method of claim 1, including the step of selecting the growth and
- 2 differentiation factors from the following list:

TGF- α , - β 1, -2; EGF, IGF-I; PDGF; FGF; IL-I, -1a, -1b, -2, -3, -4, -5, -6, ... n;

4 BMP-1, -2, -3, -4, -5, -6, -7, -8, -8B, -9, -12, -13, ... n; VEGF; and recombinant forms thereof.

